



# WORKSITE WELLNESS NEWS

VOLUME VI, ISSUE I

SEPTEMBER 3, 2013

## SPECIAL POINTS OF INTEREST:

- Health Assessment Season in Full Swing!
- TaxSaver Introduces New Mobile App

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## 4th Annual "We CAN" Weight Loss Challenge Kicks-Off this Month!

**Benefiting the KBTX Food For Families Food Drive and You!**

**September 4th-November 22nd**

For every pound lost by City of Bryan employees, HEB will donate one pound of food to the KBTX Food for Families Food Drive held in December at the Brazos Center. Every pound counts!

### Initial Weigh-in

**September 4th from 11am-1pm in the MOB Basement**

**or September 5th from 7-8:30am in MSC Training Room**

The Final Weigh-In will be held on November 22nd. Time and location will be announced. If you are interested in participating in the challenge, email Lesley Ward at [lward@bryantx.gov](mailto:lward@bryantx.gov) and an informational packet will be sent to you.



## *Health Assessment Season in Full Swing!*

In preparation for the City of Bryan's 2014 Insurance Plan Year, Risk Management recently met with City departments to discuss the annual health assessment process and to distribute packets. As a reminder, by participating in the annual health assessment, you receive a discount on your health insurance premium. You may have your screening completed through your own medical provider, on-site or at the City of Bryan Employee Health Center. If you wish to have your screening completed by our own provider or at the Employee Health Center, please call them directly for an appointment. If you are planning to have your screening completed at one of the on-site locations, you may schedule a time by calling 209-5050 or email [lward@bryantx.gov](mailto:lward@bryantx.gov). Click [here](#) to view the on-site schedule. If you have not received a packet, check with your supervisor to see when your department's meeting will be held or contact Risk Management to obtain a packet. All health assessments must be completed by November 4, 2013. You will be notified if you qualify for the program or if you need to follow-up in order to do so. If a follow-up is required, you will have until December 6, 2013 to complete this. If you have any questions about the Healthy Lifestyles Program, please contact Risk Management at 209-5050.



## Join us for an educational seminar: **Planning your Escape and Home Fire Safety**

Tuesday, September 10th  
10:00-11:00am

MOB Basement Training Room

City of Bryan Fire Marshal, Marc McFeron, and Emergency Management Coordinator, Jerry Henry, will discuss home escape plans, what to do in emergency situations and steps you can take to safeguard your home.

The seminar counts as one Safety/Wellness hour within the Training and Talent Development Program. Click [here](#) to register.

## City of Bryan Employee & Covered Dependent Flu Shots

**FREE for ALL City of Bryan Employees, Retirees and  
Covered Dependents!**  
(Dependents must be at least 5 years of age)

### On-site Flu Shot Clinics:

Monday, September 16th, 3:00-5:00pm MOB Basement (City Hall)  
Tuesday, September 17th, 7:00-9:00am BTU Distribution (614 Atkins)  
Wednesday, September 18th, 7:00-9:00am MSC (1111 Waco St.)  
Friday, September 20th, 8:00-10:00am, MOB Basement (City Hall)

If you are unable to attend one of the on-site clinics listed above, you may go by the Employee Health Center to receive your flu shot beginning on Monday, September 23rd between 8-11:30am and 1:00-4:30pm. You will need to identify yourself as a City of Bryan employee, covered dependent or retiree on the City's health plan. Only the injectable version of the vaccine will be offered this year.



## **SAVE THE DATE!** **Brazos County Heart Walk**

Come walk and support the work of the  
American Heart Association!

October 5th, 2013 at 8:00am

Texas A&M University-Lot 50 near the Bonfire Memorial

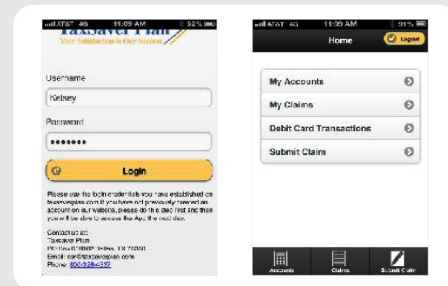
# Know Your Benefits

## TaxSaver Plan's App for iPhone and Android has Arrived!

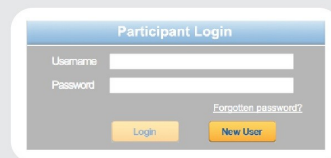
TaxSaver is excited to introduce our APP for iPhone and Android phones and tablets.

### The App will allow you to:

- Check your account balances
- Review claims previously submitted
- Review debit card transactions
- Submit your claims from your device



All you need is the same username and password that you have selected for the TaxSaver Plan website to get started. If you have not previously set up a username and password on TaxSaver's website, go to [www.taxesaverplan.com](http://www.taxesaverplan.com) and click on **NEW USER**.



If you have questions about this application or any other benefit related questions, please contact Flo Galaviz at [fgalaviz@bryantx.gov](mailto:fgalaviz@bryantx.gov) or call 209-5053.



Open Monday-Friday 8am-5pm

(closed from noon-1pm)

*\*last patient accepted at 11:30am and 4:30pm daily,  
walk-ins accepted from 8-9:30am daily (acute illnesses only)*

*Remember: all clinic closings are posted at*

[http://www.bryantx.gov/wellness/?page\\_id=539](http://www.bryantx.gov/wellness/?page_id=539)

Call 979-821-7690 for an appointment!

If you have wellness news to share with others and would like to have it spotlighted in our next newsletter, please feel free to submit it to:

Lesley Ward

Wellness Coordinator

(979) 209-5050

[lward@bryantx.gov](mailto:lward@bryantx.gov)

[www.bryantx.gov/wellness](http://www.bryantx.gov/wellness)

Copies of this newsletter are available in Risk Management.